

Amendment to the Abstract:

Please amend the Abstract as follows:

A reversible pedal body has first and second surfaces, wherein the first surface is adapted to contact an associated foot and the second surface is adapted to contact an associated shoe. The reversible pedal body may be a single part. Further, the pedal body has a front oppositely disposed from a rear. First and second lateral edges extend between the front and the rear. The pedal body has a hole extending between the first and second lateral edges adapted to receive an associated pedal lever. Weights are operatively connected to the pedal body such that one of the surfaces faces substantially upwards when an operator's foot is removed. Further, a securing mechanism may be attached to the pedal body which can rotate 360 degrees around the pedal body so that the securing mechanism need not be removed when the operator chooses to utilize a different surface of the foot pedal.